



Northampton Aquatic & Family Center @ JFK Middle School, Bridge Rd. Florence

Swim Stroke Clinic

February Vacation Week 11:00 am - Noon



Becky Raymond from Water Wonders Aquatic Program will instruct this class, which is ideal for swimmers in grades K-5 interested in competitive swimming, as well as those already on a swim team and would benefit by some specific instruction in a small class environment. Each class covers a different competitive stroke, starts, turns, and drills, as well as pool lingo and swimming equipment. Take 1 class or all 4.

Fee: \$10/12/14 per individual class or \$32/40/48 for all 4 days.

*Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident
Pre-registration is required; space is limited.*

Lesson I (Tuesday 2/20):

Pool Lingo, **FREESTYLE** Overview, Side breathing practice, Flip Turns, Starts, Finishes, Circle Swimming, Use of Pull Buoys and Kick Boards.

Lesson II (Wednesday 2/21):

Skills Review, **BACKSTROKE**, Backstroke Flip Turns, Flags are Friends, Starts, "Drills"

Lesson III (Thursday 2/22):

Skills Review, **BREASTSTROKE**, Breaststroke Turns, Breaststroke Pull-Out, Starts

Lesson IV (Friday 2/23):

Skills Review, **BUTTERFLY**, Butterfly Turns and Starts, Swimmer Conduct, IMs

Limited Enrollment

Registrations accepted at the Aquatic & Family Center
@ JFK Middle School Bridge Rd. Florence

Mon-Fri 4-8 PM & Sat and Sun 10-5 (587-1046)

or at the Recreation Dept. Locust St Northampton

Mon-Fri 8:30 AM-4:30 PM 587-1040.

www.northamptonma.gov/recreation